Sabrina Carpenter on Her Jet Lag Cure, the 'Magical' Destination She Loved, and the Best Place for Espresso (Exclusive)

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The singer is turning her love for travel experiences into her own Airbnb Original experience, inviting fans to step inside her Short n' Sweet world.

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Sabrina Carpenter at the Sabrina at her "Short n' Sweet" Airbnb Experience; a personal travel photo from a recent trip to Italy. Credit:
From left: Airbnb; Sabrina Carpenter

Sabrina Carpenter has traversed the globe for the greater part of the last decade on five headlining tours. Currently in New York City preparing to host and perform on *Saturday Night Live* this weekend, she'll then head out on the final leg of her Short n' Sweet Tour, hitting Pittsburgh, New York City, Nashville, and Toronto, before closing out with six nights in Los Angeles next month.

Despite the serious mileage the two-time Grammy winner has put in, she does have one major regret. “I travel a ton on tour, but I am really bad at taking vacation,” the 26-year-old told *Travel + Leisure* last week.

Pouring all her energy into working late ('cause she’s a singer!), she does try her best to form some sort of connection with each location she plays. “I don't get to spend a ton of time in a city, so I like to get a taste of the local cuisine,” she said.

While those quick bites give her a sense of a city's flavors, she got a deeper immersion this summer when she spent time in Italy, which she calls her favorite food destination. Her absolute favorite order? All of the pasta. “It really doesn’t get better than that,” she said.

During her trip, she was also mesmerized by “the culture, the people, the fashion,” calling the entire getaway simply “magical.”

Personal travel photos of Sabrina.
Sabrina Carpenter

After all, when Carpenter's not on the road for work, she's all about finding that balance of relaxation and immersion. “I love to have a great space that my friends and I can unwind in that feels private, and also allows us to experience the culture and the food of the destination,” the Pennsylvania native said.

Travel has been part of the singer-actress's lifestyle since childhood. “Family trips growing up were so much fun,” the youngest of four sisters reminisced. “I’m super close with my family and my sisters, so getting to spend time together was the best.”

She remembers road trips with the Carpenter crew, saying, “Sometimes we would just yap the entire time, and others we like to just put in headphones and listen to music,” she said.

For long plane rides, though, she only has one strategy: “I try to sleep as much as possible to make them go by faster.”

No matter what the adventure, Carpenter cherishes the gift of travel, always documenting the moments through photos and videos. ”My sister Sarah always has her camera out so we can really capture the memories,” she explained.

“I try to live in the moment as much as possible and not constantly be on my phone,” she continued. “But having those visuals to look back on is really important to me.” She also indulges in a more analog way to document the adventures: “I also carry a notebook because you never know when inspiration can strike!”

With Sabrina Carpenter

Go-to cure for jet lag?
Pretending I’m not jet-lagged. And espresso.

Most unusual item you travel with?
Essential oils.

Playlist for a long plane ride?
Anything ABBA.

Airplane travel style?
I definitely prioritize comfort. Sweatpants and an oversized hoodie is always my go-to.

Favorite place in the world to get an espresso?
Italy.

She also finds inspiration in her accommodations in every city, with a particular soft spot for picking the right Airbnb. “Where you stay adds so much to the whole experience of the trip, so I love when the Airbnb matches the feeling of the city,” she said, adding that “a perfect Airbnb to me would be one that really fits the vibe of the place I’m in.”

In addition to vacation rentals, the platform also offers Airbnb Experiences in more than 650 cities hosted by locals, with everything from walking tours and cooking classes to local sports and crafts. Airbnb Originals are led by experts in their fields—and Carpenter is going to host one herself.

Sabrina at the Airbnb Experience of her "Short n' Sweet" themed set.
Airbnb

During the one-time-only adventure on Nov. 18, Carpenter will invite up to 20 winners into the vintage 1970s world of her Short n' Sweet TV Show that fans know so well from her tour, as she provides an all-access pass to life as one of her dancers.

The day starts off with guests entering the stage door to find a stage manager signing them in as a backup dancer for the fictional TV program. Next, they'll get their own instant-film casting photo before being led into Sabrina's penthouse with replicas of the heart-shaped toilet, the round "Bed Chem" bed, clawfoot tub, fireplace, and all the little details that have been seen on stage.

Then comes hair and makeup, where each guest will be treated to a Hollywood makeover from Carpenter's very own glam team, Carolina Gonzalez and Evanie Frausto, in front of stage-lit mirrors with fully stocked vanities, getting bespoke tips from the duo. Next, it's time to play dress-up with her stylist, Jared Ellner, getting dolled up in outfits inspired by the superstar's stage looks, from suit shirts and dress shoes to silk robes and glittery tights.

With the look just right, it's time to meet the show director, none other than Carpenter herself. Yes, that's right, the chart topper will welcome her guests and introduce them to choreographer Jasmine "JB" Badie, who will teach them an actual routine from her tour, as the singer observes from the director's chair. Finally, it's showtime, as Carpenter plays the role of hype-woman for her dancers for the day.

There's only one way to top off a Short n' Sweet day like that: With a non-alcoholic espresso tonic toast with Carpenter!

"I'm really excited to welcome people into a space that feels super me," she said of the experience. "I created a home on my Short n' Sweet stage, and I can't wait for my fans to experience it in real life."

While the experience will celebrate the conclusion of her tour through nearly 50 North American and European cities, Carpenter has relished getting to know each place through its audiences.

When asked her favorite city to perform in, she admitted, "That's like picking a favorite sibling. I physically can not." In fact, each one takes a piece of her heart. "Any crowd that comes to see me is my favorite crowd."

To book the Live Your Fantasy with Sabrina Carpenter experience on Airbnb, guests 18 years and older can visit airbnb.com/sabrinacarpenter starting Oct. 15 and submit a request to book the Airbnb Original Experience for $0 through Oct. 20 at 10 a.m. ET. Selected guests will be responsible for their own travel to Los Angeles and accommodations for the event.